

OBESITY AND OVERWEIGHT IN ARIZONA, 2008

FACT SHEET



THE REALITY

According to the Centers for Disease Control/Behavioral Risk Factor Surveillance System, 26.3 percent adults 18 years and older in the United States were obese in 2007. Adults 45-64 years of age were more likely to be obese compared with younger and older individuals.¹ Overweight and obesity can increase the chance of developing chronic health conditions such as hypertension, type-2 diabetes, heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, dyslipidemia (high cholesterol/triglycerides), and some types of cancers (such as endometrial, breast and colon cancers).² The percent of children who are overweight has tripled in the US since 1980. For children aged 6 to 11 years, prevalence of overweight increased from 6.5 percent in 1976-1980 to 18.8 percent in 2003-2004. Among even the youngest children aged 2 to 5 years prevalence of overweight has increased from 5 percent in 1980 to 13.9 percent in 2003-2004. Overweight status in childhood increases the risk for overweight or obesity in adolescence and adults.³



DISPARITIES IN BMI

In 2007, Arizona ranked 31st (50th having greatest rate) among all states with an adult obesity rate of 25.8 percent.⁴ According to the Centers for Disease Control/Behavioral Risk Factor Surveillance System, 31.8 percent of adult women 18 years and older in Arizona had a calculated BMI (Body Mass Index) indicating that they were overweight and 21.7 percent had a BMI indicating that they were obese, compared to 29.9 percent overweight and 25.9 percent obese nationally.¹ In 2007, females aged 55 to 64 years old were the most likely to be obese (28.4 percent) compared to other age groups in Arizona. Hispanic and non-White women were more likely to be obese than non-Hispanic and White women. Obesity is also associated with poverty. Women earning less than \$15,000 per year were more likely to be obese compared to women with higher incomes in Arizona.⁴

One in seven high school students in Arizona during 2007 had a BMI indicating that they were overweight (14.2 percent), and one in nine students had a BMI indicating that they were obese (11.7%).^{*} The percent of high school students who were overweight or obese varied by racial/ethnic group. The percentages of African American and Hispanic high school students who were overweight or obese were 36.8 and 36.0 percent respectively. These percentages were more than twice as great as the percentage of overweight or obese White, non-Hispanic students (17.2 percent).⁵

For children age 10-17 in Arizona in 2003, 29.7 percent had a BMI indicating that they were overweight or obese compared to 30.6 percent nationally.⁶ Recent data show the epidemic strongly affecting the youngest Arizonans with 30 percent of children 2 to 5 years old receiving WIC services classified as at-risk for overweight or overweight.⁷ Children of families whose income was under the Federal Poverty Level (FPL) were more likely to be overweight or

* In 2007, the CDC Youth Risk Behavior Survey reclassified high school students into "obese" or "overweight" who were previously classified as "overweight" or "at-risk for overweight" (<http://apps.nccd.cdc.gov/yrbss/>).

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obese (39.4 percent) than children whose family income was three times the federal poverty level (19.1 percent). More than 43 percent of Arizonan children on public insurance were overweight or obese compared to 23 percent of children on private insurance. Overall, Arizona ranked 25th of 50 states for the percentage of overweight or obese children in 2003.⁶



PHYSICAL ACTIVITY

The new CDC recommendations for adult physical activity call for aerobic activities (defined as moderate-intensity 150 minutes per week, vigorous-intensity 75 minutes per week, or a mix of both moderate and vigorous aerobic activities) and muscle strengthening activities (defined as 2 or more days of weight bearing activities for all major muscle groups).⁸ Half (50.5 percent) of adult women in Arizona reported meeting the aerobic activity guidelines in 2007, while only 47.5 percent of women nationwide met the aerobic standards.⁹ Nearly one-third (32.0 percent) of high school students in Arizona in 2007 reported participating in moderate physical activity on five or more days of the past week. African American teens were more likely to get moderate physical activity on five or more of the last seven days than any other racial/ethnic group, with 40.9 percent. Hispanic high school students were least likely to report moderate physical activity during the same time period.¹⁰

NUTRITION

The USDA has revised the recommendations regarding the amount of fruits and vegetables a person needs. Rather than having a one-size-fits-all recommendation (e.g. five or more servings of fruits and vegetables per day), it is tailored to a person's gender, age and level of physical activity. In general the recommendation is that for women (depending on age and physical activity), the minimum amount of vegetables to consume each day ranges from two to three cups per day. In general the recommendation is that for women (depending on age and physical activity), the minimum recommended amount of fruit to consume each day ranges from one and a half to two cups per day.¹¹



State level data for nutrition continues to reflect the previous USDA recommendations of consuming five or more servings of fruits and vegetables per day. During 2007, 35.3 percent of

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adult women in Arizona reported consuming the five servings of fruits and vegetables per day, while only 28.7 percent of women nationally report the same dietary behavior.¹ Youth are less likely to report consuming fruits and vegetables. Only 17.0 percent of high school students in Arizona reported eating five or more servings per day of fruits and vegetables in the past week in 2007. Of all teenagers, American Indians were most likely to report eating five or more fruits or vegetables a day in the past week (32.3 percent). The proportion of American Indian high school students that met this dietary goal was twice as great as all other high school students in Arizona. Only 16.5 percent of Hispanic teens reported eating five or more fruits or vegetables a day in the past week, followed by White non-Hispanics at 16.0 percent.¹²

BREASTFEEDING

Studies have shown that breastfeeding is a protective factor against childhood obesity, as well as chronic diseases such as diabetes and asthma.¹³ Additionally, studies have also shown that the extent and duration of breastfeeding has been found to be inversely associated with childhood obesity.¹⁴⁻¹⁶

According to the National Immunization Survey on 2005 births, 88.5 percent of Arizona infants were ever breastfed, compared to 74.2 percent nationally. Slightly more than half (51.7 percent) of infants in Arizona were still breastfed at 6 months, and just under one-quarter (22 percent) were still breastfed at 12 months.



One-third (33.0 percent) of infants in Arizona were exclusively breastfed through 3 months, and 10.2 percent were exclusively breastfed through 6 months, compared to 31.5 percent at 3 months and 11.9 percent at 6 months nationally.¹⁷ The results of the National Immunization Survey show that the rates of breastfeeding initiation and duration have increased since 2000. This is true for exclusive breastfeeding rates in Arizona, as well as the nation. Arizona has met the breastfeeding goals outlined in Healthy People 2010 (50 percent of infants breastfeed at 6 months and 25 percent at 12 months).¹⁸



References:

¹ CDC Behavior Risk Factor Surveillance System (<http://apps.nccd.cdc.gov/BRFSS/>).

² CDC (2008). "Overweight and Obesity: Introduction" (<http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>)

³ NCHS Health and E-stats (2006). "Prevalence of Overweight Among Children and Adolescents: United States, 2003-2004" (http://www.cdc.gov/nchs/products/pubs/pubd/hestats/overweight/overwght_child_03.htm)

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⁴ Arizona Behavioral Risk Factor Survey Reports (2008). “Obesity in Arizona: Prevalence, Hospital Care Utilization, Mortality” (<http://www.azdhs.gov/plan/brfs/other%20reports/2007%20Obesity%20Report%20Final.pdf>)

⁵ 2007 CDC Youth Risk Behavioral Surveillance System (<http://apps.nccd.cdc.gov/yrbss/SelQuestyear.asp?cat=5&desc=Dietary%20Behaviors&loc=AZB>). High school students who were obese had a BMI calculated at or above the 95th percentile. High school students who were overweight had a BMI calculated at or above the 85th percentile and below the 95th percentile. Percentages of overweight or obese for American Indian student populations were not made available.

⁶ 2003 National Survey of Children’s Health (<http://nschdata.org/Viewdocument.aspx?item=201>). BMI calculated from primary care giver reported height and weight.

⁷ CDC Pediatric Nutrition Surveillance System (<http://www.cdc.gov/pednss>).

⁸ 2008 CDC Physical Activity for Everyone. (<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>)

⁹ 2007 CDC Behavioral Risk Factor Surveillance System (<http://apps.nccd.cdc.gov/brfss/index.asp>).

¹⁰ 2007 CDC Youth Risk Behavioral Surveillance System (<http://apps.nccd.cdc.gov/yrbss/SelQuestyear.asp?cat=6&desc=Physical%20Activity&loc=AZB>). Moderate physical activity is defined as doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day on five or more of the 7 days before the survey.

¹¹ United States Department of Agriculture. “My Pyramid Dietary Guidelines” (www.MyPyramid.gov).

¹² Arizona Youth Risk Behavioral Survey Results (<http://www.ade.az.gov/sa/health/>)

¹³ CDC Resource Guide for Nutrition and Physical Activity Interventions to Prevent Obesity and Other Chronic Diseases (http://www.cdc.gov/nccdphp/dnpa/pdf/guidance_document_3_2003.pdf)

¹⁴ Agras SW, Kraemer HC, Berkowitz RI, Hammer LD. Influence of early feeding style on adiposity at 6 years of age. *J Pediatr*. 1990; 116 :805 –809

¹⁵ Gilman MW, Rifas-Shiman SL, Camargo CA Jr, et al. Risk of overweight among adolescents who were breastfed as infants. *JAMA*. 2001; 285 :2461 –2467

¹⁶ Hediger ML, Overpeck MD, Kuczmarski RJ, Ruan WJ. Association between infant breastfeeding and overweight in young children. *JAMA*. 2001; 285 :2453 –246

¹⁷ CDC Breastfeeding Among U.S. Children Born 1999-2005 National Immunization Survey (http://www.cdc.gov/breastfeeding/data/NIS_data/).

¹⁸ Healthy People 2010: Increase the proportion of mothers who breastfeed their babies (<http://www.healthypeople.gov/document/html/objectives/16-19.htm>).